

Acceptance and commitment therapeutic exercises for traumatic and generalized anxiety
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This presentation will cover the de-identified case of a Hispanic woman and single mother seeking therapy for issues related to trauma from an abusive relationship, as well as a history of generalized anxiety. The case study will focus on illustrating core processes of acceptance and commitment therapy (ACT) in a time-limited fashion. ACT is a therapy that has been developed and greatly researched over the past two decades. It is based on a psychological flexibility model; meaning that its components and practices are designed to be implemented in ways that are adaptive to context, client need, and applicability to the client's challenges. These processes include present moment awareness, understanding dimensions of the self, defusion, acceptance, connection with values, and committed action. The case study will demonstrate how these processes were utilized in conjunction with the client's specific troubles, describe the evidence for increased functioning and general life satisfaction, and conclude with ideas and recommendations for utility of this practice with broad varieties of populations, for both clinical and "daily-life" challenges. Attendees of the talk will also be introduced to ways in which ACT practices and exercises can be utilized in personal and academic settings, as well as receiving "hands-on" practice in working to identify areas of avoidance, and cognitive fusion in their own lives.